

Indiana Nutrition Newsletter; Keeping Schools 'IN' The Know

Issue 2010-3

February 2011

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If you know of a nutrition-related or Food Service success story, please click [here](#).

Name the Newsletter Winner : Center Grove High School



October 15th was quite a day to say the least. Center Grove High School won our Name Our Newsletter Contest with their play on the initials IN for Indiana: "Indiana Nutrition, Keeping Schools 'IN' the know". Their prize for submitting the winning name was putting me to work in the cafeteria for a day. Even though I told her not to take it easy on me, Food Service Director Jennifer McFarland didn't have me report to work until about 8 am. I showed up on time to find most of the Center Grove staff already hard at work. Cherrie Agan, Cafeteria Manager, who had already been there about 3 hours along with Rose Lehe and Jennifer, welcomed and introduced me to the staff. I think they were a little skeptical about why I was really there, but after I assured them it was merely to help for the day (and NOT to check up on them) they started putting me to work.

My early tasks included singing "Happy

Birthday" while I washed my hands to make sure they were properly sanitized. I am not a singer, so this amused a few of the staff, especially Denise Shelton. They let me wear a ball cap instead of a hair net which made me very happy.

The staff had prepared a task list that included, calibrating a thermometer, rotating stock, and unpacking a shipment which arrived that morning. Next, I was put to work using a super-cool fruit slicer, which I managed to use without cutting off my fingers. This of course led to preparing fruit cups for the line for lunch. This is where I met Shirley Vitols who takes her fruit presentation very seriously; good for her.

Then they put me on the clock to see if I could wrap 50 chicken sandwiches in 10 minutes. Denise promptly made

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fun of the goal because I think she can wrap a million chicken sandwiches an hour (I am not kidding). They then used me as a guinea pig to test flavored skim milk. I really had a hard time identifying the chocolate skim milk; I was impressed with the flavor for sure.

We took our break for lunch at 9:45 in the morning. Are you kidding me? It was by far the earliest I have ever had lunch in my life. The food was excellent and the ladies had fun and gave Cherrie a nice present for boss' day. They seem to be such a great team. Next we prepared for the students by taking some temperatures

on the line with my "correctly calibrated" thermometer.

The madness began as about a thousand kids showed up all at once. I used some magical device called a "spoodle" to serve corn on the line, and I tried to stay up with [Pat Wilson](#) serving Salisbury steak. None of the kids yelled at me, but I could tell they were like: "C'mon dude, put some gravy on the potatoes already". The next lunch period I got to serve a foreign delicacy which I had not heard of before called a "Crispito". The kids loved those things; it was a hopping line for sure.

After I failed a nutrient standard menu quiz that Jennifer administered, don't tell our staff, shhhh... it was on to working the POS system with Wilmus Russell. Every school has a Wilmus, at least I hope they do. She has a real soft spot for the kids, especially those who need a little extra love! I also got to help in

the one place I have little experience, the dish room. Paulette Geyer and I had a great time laughing and washing dishes, just remember to make sure and get her coffee, she really likes her coffee! Jennifer, Rose, and I also took a sample of a new flavored rice and beans to the students to try and give us feedback on a survey. Not many takers on the rice and beans; don't think that will make it to the menu, but it was fun to roam around and mingle with the students for a few minutes.

The day wrapped up as Paulette and I finished the last pots and pans, and I returned to Jennifer's office where she and Rose had a special "Red Tray Award" awaiting me, which is proudly displayed in my office. Can I just tell you how much respect I have for all of you on the front lines? It may not be glamorous, and it may not be pretty some days, but what you do is important. Hold your heads high and keep up the great work for our children!

World School Milk Day 2010

On the last Wednesday of September every year, schools in more than 40 countries plan activities for World School Milk Day, a fun-filled day that recognizes school milk programs worldwide.

This year Corpus Christi School in Evansville celebrated World School Milk Day with students and teachers dressing in black and white. The students were treated to a caramel and cream filled Cow Tail with their lunch and five students from each grade won a gift certificate for a Frosty, compliments of Wendy's.

Of course, the cafeteria staff had fun too. Mrs. Koressel greeted students at the door in a full cow costume and waved to parents to have a great milk day. Mrs. Black, shown in her cow hat, and Mrs. Muesterman, dressed as a dairy farmer, cooked up a great school lunch served with the students' favorite low-fat or fat-free milk. Statistics have shown that kids who eat school lunch drink more milk than those who don't. So, school lunch could make a real difference in children's lives.



Empowering students with the knowledge that milk is important to strong, healthy bones made the day truly worth celebrating.

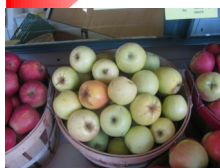
Game On! Yorktown Middle School

Yorktown Middle School was awarded a \$5,500 Game On! grant for the 2010-2011 school year. The Game On! grant requires two physical and two nutrition activities during the year. The activities will target Yorktown students in grades 5-8. On September 10th, 48 8th grade students walked with the PE teacher to the high school track to assist with the stations at the Senior games. The PE teacher, food service department, Lifestream Services, and middle school students all worked together to create this event. Middle school students measured and timed the events and offered the Seniors words of encouragement when competing



in the events. The cafeteria provided boxed lunches with a nutrient analysis in each box. At the end of the day, students passed out medals and ribbons to the Senior winners in the events. "It was great for the students to see the Seniors compete in the events." Peggy Garrett, Food Service Consultant. The Yorktown Press covered the Senior event and featured an article in the local newspaper. This was the first activity for the school year, and the school plans to create an advanced cooking class to offer as an after school event. For more information, contact Penny Garrett [here](#).

Bartholomew Consolidated Schools: Farm to School



There has been a big buzz around farm to school programs. After listening to USDA's farm to school webinar, this

food service department decided to take action. Bartholomew Consolidated Food Service Department started by researching farm to school programs across the nation and made a rough plan on how they could incorporate this idea into their school meal program. Offering this program would allow students to taste locally grown produce and provide further support to the school's local wellness program and community efforts to help prevent and reduce childhood obesity.

In the spring of 2010, Nancy Millsbaugh,

Food Service Director for Bartholomew Consolidated Schools, called around to area farmers to check into the possibility of providing local farm produce to the school corporation. Information was gathered from multiple farmers such as produce available, prices, quantity available, delivery, and payment methods. After choosing the local farm supplier, the farmer was contacted to work out details such as delivery and placing orders. The farm market delivered cases of Ginger Gold Apples, Gala Apples, watermelons, and sliced tomatoes all grown around Columbus, Indiana. The produce was delivered to the central warehouse which then distributed the fresh produce to each school.

To help get the word out about the new Farm to School program, each cafeteria

manager received a Farm to School folder that contained laminated posters created by the food service department, school principals received a food service memo before school started, the Farm to School program was featured on the school's web page, and a nutrition article was featured in the school newsletters.

The food service department has received positive feedback from parents, students, and staff alike. All expressed desire to continue and hopefully expand this program. For more information, contact Nancy Millsbaugh, Bartholomew Food Service Director, [here](#).

"My hope is that when they taste what 'real' tomatoes or locally grown apples taste like, they will continue to enjoy fruits and vegetables for a lifetime"

Nancy Millsbaugh, Food Service Director

Director's Corner

It is with mixed emotions that I pen this Director's Corner. I have been given a new assignment within the DOE and will no longer be the Director for School and Community Nutrition. While I am excited about my new opportunity, I am very much going to miss working day to day with you all. Julie Sutton, who many of you already know and have been working with for years has taken over as the new Director. Julie, John Todd, and the rest of the division will do a fantastic job and are well positioned to continue the progress we have been making, with your help. I also want to thank a handful of you who have helped make the last two years so successful. Jan, Katie and Beckie, thanks for reaching out from the very beginning with a warm friendly greeting. Amy and Sarah, thank you for your passion and for protecting what you believe so strongly in. Jennifer and Rose, thank you for my day on the job, that was so much fun. Courtney and Lindsey, thank you for your insight and thoughtfulness. Region 9 gang thank you all for allowing us to be involved and for keeping the communication lines open (even though I barely made it out of that first meeting alive!). Andria and Tracy, thank you for hosting the USDA visit; that was awesome. There are so many others as well Pam, Jan, Barb, Kathy, Nancy, Shenae, Diane, Carol, and my apologies for anyone I left out. Thank you all and keep up the great work !

-Kent Hatcher, Former Director
Office of School and Community Nutrition

Meet Our Staff



Meet **Ted Feeney**, Child Nutrition Program Specialist for the Office of School and Community Nutrition. A native Hoosier, Ted returned to Indianapolis in 2005, from

Michigan, where he graduated from Central Michigan University with a Bachelor's degree in Public Administration/Community Development. He joined the School and Community Nutrition team in 2009, after working for four years at the Family and Social Services Administration. While at FSSA, in 2008, he was a Governors' Public Service Achievement Award winner (the highest honor for a state employee)!

Ted and his wife Shannon live in Indianapolis. In his spare time, he works on restoring his 1928 Tudor home near Butler University. Ted also enjoys sailing, kayaking, golf, and watching the NFL, NHL, and IndyCar. Whether you are a fellow Chippewa alum, or just want to say hi, feel free to contact Ted at tfeeney@doe.in.gov.

HealthierUS School Challenge

The HealthierUS School Challenge Webcast 2010 highlighting the online HUSSC application process is available at the Team Nutrition HealthierUS School Challenge Web site under Training and Technical Assistance and can be accessed by visiting <http://teamnutrition.usda.gov/healthierus/training.html>.

The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity.

In February 2010, First Lady Michelle Obama introduced Let's Move!, incorporating the HealthierUS School Challenge into her campaign to raise a healthier generation of kids. At that time, monetary incentive awards became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.

Schools may submit applications for the HealthierUS School Challenge by US mail or online. A simplified district application process is available if there are two or more schools applying from one school district.

Please visit the HUSSC Web site for details: <http://www.fns.usda.gov/tn/healthierus/index.html>.



Try This!

Chicken Enchiladas

Ingredients:

324 – 6" Corn Tortillas
80 lbs. USDA Chicken Fajita Meat
1 Jar Enchilada Sauce
10 lbs. Shredded American cheese
Paper Products

Cost:

\$ 9.72
\$74.52
\$8.08
\$10.14
\$2.88

Total Cost \$ 105.30
Cost each \$.32
Cost for 2 \$.64

Steam Enchilada Sauce for 10 minutes. Steam Chicken Fajita meat for 10 minutes or to an internal temp. of 165. CCP. Steam Corn Tortillas for 3 minutes. Dip corn tortilla in sauce, place 2 oz. Chicken fajita meat, 1 oz. Shredded American cheese, roll up and place in 2" full pan. When 28 enchiladas are in pan drizzle enchilada sauce on top then sprinkle with shredded cheese. Heat in oven to an internal temperature of 165 degrees. Cover with film and foil and hold in warmer at not less than 135 degrees. CCP Check temperature and make sure temp. is at least 135 degrees or place in steamer for a few minutes to reheat to 165 degrees.

Makes 324 Chicken Enchiladas. 2 enchiladas equals a serving, yielding 14 servings per pan. Recipe makes 12 pans. Cost is much less when using Government Chicken Fajita Meat.

Submitted by Holly Slavens, Food Service Director for Lake Central School Corporation

To send your own unique, seasonal, or special diet recipe, click [here](#)

Pumpkin Sheet Cake

Ingredients:

4 eggs, beaten
1 C oil
2 C sugar
1 C pumpkin
1/2 t salt
4 t cinnamon
1 t baking soda
1 t baking powder
2 C flour-sifted

Preheat oven to 350 degrees

Combine cake ingredients and pour into greased and floured 1X16X11 baking pan. Bake at 350 for 20-25 minutes. Frost with cream cheese icing.

Cream cheese icing ingredients:

1 8oz. package cream cheese
1 stick butter
1 pound powdered sugar
1/2C shortening
milk, as needed

Mix all ingredients until smooth.

Submitted by Jean Harden, Food Service Director for Tri-Central School Corporation

Food Distribution Notes

For more information, contact John Moreland at jmoreland@doe.in.gov

Since September, weekly allocations of commodities have been posted in accordance with all Recipient Agencies' Pre- Order Survey requests. The State Agency always tries to meet the demand for commodities; however at times, the USDA may without prior notice delay, postpone or even cancel shipments of boxed commodities. Please Note: the State Agency has been

informed by the USDA the remaining shipments of A433 Sliced Pears, A434 Diced Pears, A470 Mixed Fruit and A517 Diced Chicken scheduled for arrival this spring have been canceled and will not be forthcoming. All recipient Agencies will want to continue placing delivery orders for their commodities through June.

The 2012 Pre-Order Survey was com-

pleted in January with 100% participation. The results indicate that there were approximately 351,000 cases of boxed commodities requested and 27.5 million pounds of raw commodities to be diverted to processors. The State Agency has reported the findings to the USDA so they can start making commodity purchases for the next school year.



Team Nutrition Notes

APPLY NOW! The Healthy Hoosier School Award Application Is Now Online

Healthy schools produce healthy students – and healthy students are better able to learn and achieve their true potential. If your school places a high priority on teaching students life-long healthy habits, be sure to submit an application for the Healthy Hoosier School Award. All applications must be submitted online by April 1, 2011; however, you are first encouraged to organize answers on the [paper application](#).

In 2009-2010, 110 elementary, middle and high schools received the 2009-2010 Healthy Hoosier School Award. Now in its seventh year, the Healthy Hoosier School Award is sponsored by the Indianapolis Colts, Dairy & Nutrition Council, Inc. of Indiana, Indiana Department of Education, Indiana University Health and Indiana School Health Network. For more information on the award or to view the online application, visit: <http://www.a4hk.org/KID/awards/hoosier/registration.php>.

For more information about Indiana Action for Healthy Kids or the Healthy Hoosier School Award visit www.actionforhealthykids.org/indiana.

What is Farm to School?

The National Farm to School Network defines it as a program that connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education

opportunities, and supporting local and regional farmers.

It is further explained by the National Farm to School Network that Farm to School brings healthy food from local farms to school children nationwide. Farm to School is a comprehensive program that extends beyond farm fresh salad bars and local foods in the cafeteria to include waste management programs like composting, and experiential education opportunities such as planting school gardens, cooking demonstrations and farm tours. The program teaches students about the path from farm to fork, and instills healthy eating habits that can last a lifetime. At the same time, use of local produce in school meals and educational activities provides a new direct market for farmers in the area and mitigates environmental impacts of transporting food long distances. The Farm to School approach helps children understand where their food comes from and how their food choices impact their bodies, the environment and their communities at large.

As the movement continues to grow in schools across the U.S., you are sure to hear even more about Farm to School programs. You can find additional information and resources by visiting <http://www.farmtoschool.org>. If your school already participates in Farm to School programs or activities, we would like to hear about it. Send information and photos to Heather Stinson at hstinson@doe.in.gov.



Back to Basics

Setting the correct amount for student meal prices is an important aspect of a school nutrition program. It is equally important to know how to set adult meal prices. According to [Policy 9](#) on the School Nutrition Program's website, "School Food Authorities must ensure that reimbursement, children's payments, and other non-designated nonprofit food service revenues do not subsidize program meals served to adults. Donated foods may be used for preparing food items served in adult meals, but the current per-meal value of entitlement and/or bonus donated foods must be taken into consideration when establishing the price charged to adults. Breakfasts and lunches served to adults must be priced so that the adult payment is sufficient to cover the **overall** cost of

the meal, including the value of any USDA entitlement and bonus donated foods used in preparation." Prices must be at least your average cost per lunch (or breakfast) plus the per meal value of the USDA donated foods—currently \$.2025 per child per lunch, since there are no commodities distributed based upon adult participation. If student meal prices are correctly calculated, adult meal prices and student meal prices should not be the same price. For more information on pricing, please review our Determining Meals and a la carte Prices document on the School Nutrition Program's website by clicking [here](#).



Memos and Technical Assistance

Memos (http://www.doe.in.gov/food/schoolnutrition/usda_policies.html)

Code	Date	Title
CACFP 04/2011	12/17/2010	Child Nutrition Reauthorization 2010: Nationwide Expansion of At-Risk Afterschool Meals in the Child and Adult Care Food Program
SP11-2011	12/6/2010	Effects of Busing on Area Eligibility in the CACFP, the SFSP, and the Afterschool Snack and the Seamless Summer Option served through the NSLP
SP 31-2010	8/23/2010	Disclosure Requirements for the Child Nutrition Programs
SP 04-2011	Revised 01/21/2011	Eligibility of Expanded Learning Time Programs for Afterschool Snack Service in NSLP CACFP
SP 09-2011	11/12/2010	Clarification of Competitive Foods and Foods of Minimal Nutritional Value
SP 02-2010	Revised 01/21/2011	Salad Bars in the National School Lunch

Technical Assistance (http://www.doe.in.gov/food/schoolnutrition/usda_memos.html)

Code	Date	Title
TA 01-2011	10/22/2010	Exemptions Under the Competitive Food Service Regulations (updated)

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Office of School and Community Nutrition.

<http://www.doe.in.gov/food/>



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-Dr. Tony Bennett, State Superintendent of Public Instruction.